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**Spotlight: The Allison H. Larsen Show**  
Tuesday at 10 AM Pacific  
October 08th 2019: Uprooting Shame Part 2

Today's topic SHAME How shame creates sabotage and keeps us playing small. If we want to level up our finances, align with our body and experience deeply connected intimacy we must uproot the layers of shame.

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### Featured Guest



#### Tony Litster

Tony Litster has been coaching CEO's and business owners for 15 years on how to perform at the highest levels. Tony has owned multiple businesses over two decades including furniture outlets, real estate investing, an internet publishing business that had a reach of 100 million views on social media in one week and a speaking and coaching business that has reached people in over 35 countries.

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